



# Apples

## Apples



- Apples are round and have seeds in the middle.
- Apples grow on trees.
- Apple juice is made from apples.

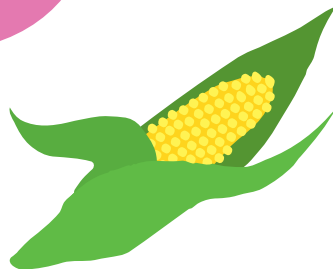
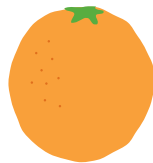
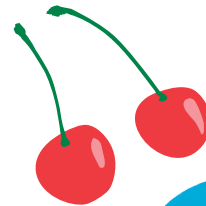
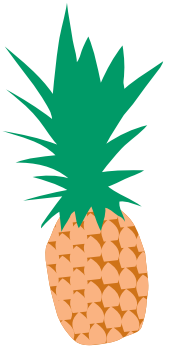
Will you help Blue and Magenta ?

Draw a square around all blue or purple fruits or vegetables. □

△ Draw a triangle around all green fruits or vegetables.

Draw a circle around all red fruits or vegetables. ○

◇ Draw a diamond around all yellow or orange fruits or vegetables.



Eat Colorful Fruits and Vegetables Every Day!

Apples Can Be Different Colors: Red, Yellow/Orange or Green.





# Apples

## PARENT TIPS

- Dip apples in orange or lemon juice after they have been cut to prevent browning.
- Keep apples refrigerated; cool air keeps them juicy and crisp.
- One medium apple yields about 1 cup quartered or chopped.
- One medium apple provides 2 MyPyramid servings.
- Apples are an important dietary source of fiber.



## APPLE SNACK BAG

**Preparation Time: 1 hour 15 minutes**

3 seconds cooking oil spray  
2 cups Fuji Apples, peeled and sliced  
1/2 teaspoon cinnamon  
1/2 cup sweetened, dried cranberries  
1/4 cup sliced almonds, honey roasted

**1/2 Cup of Fruit per serving**



### Nutritional Information per serving:

calories: 115, total fat: 3.6g, saturated fat: 0.6g, calories from fat: 28%, calories from saturated fat: 1%, protein: 1g, carbohydrates: 21g, cholesterol: 0mg, dietary fiber: 2g, sodium: 69mg

**A great recipe for parents and children to make together.**

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.  
Recipe is courtesy of Produce for Better Health Foundation. All 5 A Day recipes meet nutritional standards that maintain fruits and vegetables as healthy foods.



**Serves: 4**

**Instructions:** Pre-heat oven to 250°F. Spray cookie sheet with cooking oil. Slice apples into a shallow, flat cooking pan. Sprinkle with cinnamon. Toss. Transfer coated apple slices to the greased cookie sheet and spread into a single layer. Place in the oven for 1 hour. Remove and cool. Combine cooked apples with sweetened, dried cranberries and sliced almonds. Place equal amounts in four zip-lock sandwich bags and refrigerate. Fantastic school snack!

